



Important Trainer Parties: Legal Versions

This document contains full team details for every important Trainer in the game. This includes gym leaders, named Team Flare members, rivals*, the Elite Four, the Champion, and AZ. Trainer teams are listed under headings in the order above, and in the order they appear in the game. Details for any rematch teams in the Battle Chateau are not included, nor are any of the post-game teams.

All Trainers are fought in single battles unless otherwise mentioned, and all Trainers except the rivals and Team Flare will have appropriate healing items.

Moves listed in *italics* are not usually legal moves, but are legal within the hack due to a new TM (this only really applies to Sucker Punch).

*Rivals will probably be added at a later date, I just can't be bothered adding so many copies of the same team with slight variations right now. The only thing they have that you may want to be aware of before battling them is a Weakness Policy + Multiscale Dragonite.

Gym Leaders



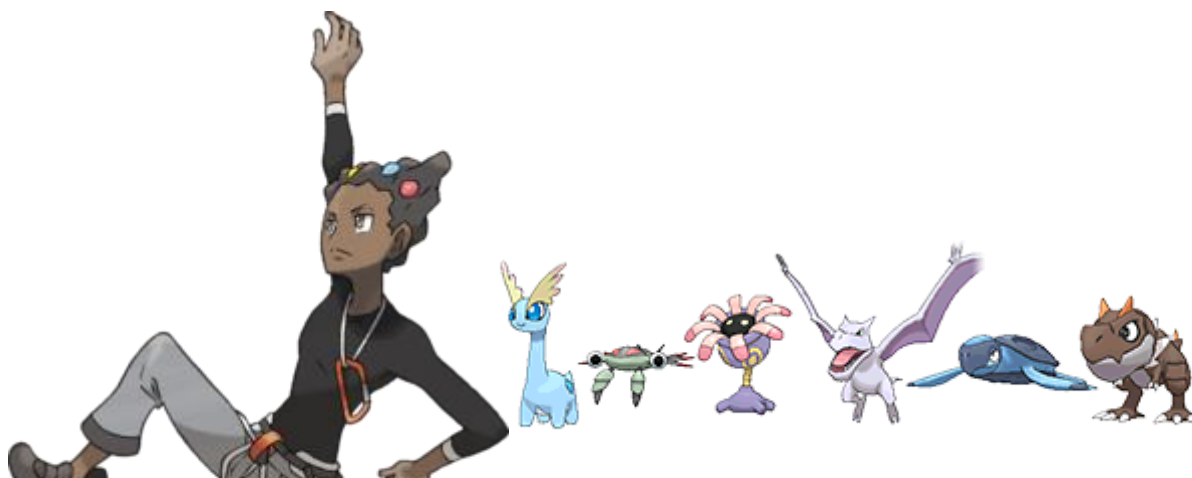
Leader Viola



Surskit Level: 13 Ability: Swift Swim IVs: 25 Item: Mystic Water	Bubble Infestation Icy Wind Quick Attack	Dustox* Level: 14 Ability: Compound Eyes IVs: 25 Item: Binding Band	Infestation Poison Powder Confusion Protect
Dwebble Level: 13 Ability: Sturdy IVs: 25 Item: Rock Gem	Smack Down Fury Cutter Sand Attack Withdraw	Butterfree* Level: 14 Ability: Compound Eyes IVs: 25 Item: Cell Battery	Infestation Confusion Gust Stun Spore
Joltik Level: 13 Ability: Compound Eyes IVs: 25 Item: Occa Berry	Electroweb Infestation Screech Cross Poison	Vivillon Level: 16 Ability: Compound Eyes IVs: 31 Item: Oran Berry	Infestation Gust Powder Struggle Bug

*Note that a nerf “patch” is available that will remove the Dustox and Butterfree, and change the levels of all the other Pokémon on Viola’s team.

Leader Grant



Amaura Level: 30 Ability: Refrigerate IVs: 31 Item: Focus Sash	Light Screen Reflect Round Discharge	Aerodactyl Level: 30 Ability: Pressure IVs: 31 Item: Yache Berry	Rock Tomb Aerial Ace Bulldoze Bite
Anorith Level: 30 Ability: Swift Swim IVs: 31 Item: Weakness Policy	Rock Tomb X-scissor Swords Dance Aqua Jet	Tirtouga Level: 30 Ability: Solid Rock IVs: 31 Item: Power Herb	Dive Zen Headbutt Rock Tomb Knock Off
Lileep Level: 30 Ability: Storm Drain IVs: 31 Item: Sitrus Berry	Giga Drain Brine Rock Tomb Toxic	Tyrunt Level: 30 Ability: Strong Jaw IVs: 31 Item: Eviolite	Fire Fang Ice Fang Dragon Dance Rock Tomb

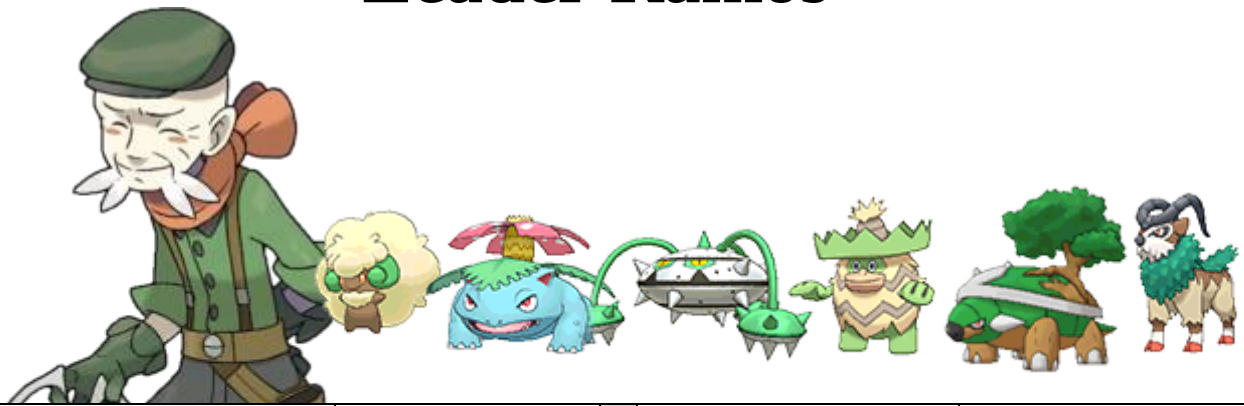
Leader Korrina



Breloom Level: 35 Ability: Technician IVs: 31 Item: Focus Sash	Power-Up Punch Spore Seed Bomb Rock Tomb	Gallade Level: 35 Ability: Justified IVs: 31 Item: Scope Lens	Power-Up Punch Leaf Blade Psycho Cut Night Slash
Machoke Level: 35 Ability: No Guard IVs: 31 Item: Eviolite	Dynamic Punch Poison Jab Payback Rock Slide	Lucario Level: 36 Ability: Steadfast IVs: 31 Item: Shuca Berry	Nasty Plot Vacuum Wave Flash Cannon Dark Pulse
Pangoro Level: 35 Ability: Iron Fist IVs: 31 Item: Assault Vest	Power-Up Punch <i>Sucker Punch*</i> Ice Punch Thunder Punch	Hawlucha Level: 37 Ability: Unburden IVs: 31 Item: Flying Gem	Acrobatics Fire Punch Flying Press Power-Up Punch

*Yes, I'm aware this isn't boosted by Iron Fist.

Leader Ramos



Whimsicott Level: 42 Ability: Prankster IVs: 31 Item: Leftovers	Leech Seed Tailwind Toxic U-turn	Ludicolo Level: 42 Ability: Swift Swim IVs: 31 Item: Focus Sash	Rain Dance Giga Drain Ice Beam Hydro Pump
Venusaur Level: 42 Ability: Chlorophyll IVs: 31 Item: Venusaurite	Sleep Powder Giga Drain Sludge Bomb Earthquake	Torterra Level: 42 Ability: Shell Armor IVs: 31 Item: Coba Berry	Stone Edge Earthquake Wood Hammer Synthesis
Ferrothorn Level: 42 Ability: Iron Barbs IVs: 31 Item: Rocky Helmet	Power Whip Thunder Wave Iron Head Leech Seed	Gogoat Level: 45 Ability: Sap Sipper IVs: 31 Item: Citrus Berry	Bulk Up Horn Leech Earthquake Wild Charge

Leader Clemont



Rotom Level: 46 Ability: Levitate IVs: 31 Item: Red Card	Volt Switch Will-O-Wisp Hydro Pump Confuse Ray	Galvantula Level: 46 Ability: Compound Eyes IVs: 31 Item: Assault Vest	Bug Buzz Thunder Energy Ball Poison Jab
Eelektross Level: 46 Ability: Levitate IVs: 31 Item: Leftovers	Wild Charge Aqua Tail Fire Punch Coil	Ampharos Level: 46 Ability: Static IVs: 31 Item: Ampharosite	Thunderbolt Dragon Pulse Focus Blast Cotton Guard
Magnezone Level: 46 Ability: Sturdy IVs: 31 Item: Air Balloon	Flash Cannon Thunder Wave Volt Switch Signal Beam	Heliolisk Level: 47 Ability: Dry Skin IVs: 31 Item: Life Orb	Thunderbolt Surf Focus Blast Grass Knot

Leader Valerie



Klefki Level: 50 Ability: Prankster IVs: 31 Item: Black Glasses	Swagger Foul Play Spikes Dazzling Gleam	Azumarill Level: 50 Ability: Huge Power IVs: 31 Item: Assault Vest	Waterfall Aqua Jet Play Rough Bulldoze
Granbull Level: 50 Ability: Quick Feet IVs: 31 Item: Toxic Orb	Protect Play Rough Close Combat Earthquake	Togekiss Level: 50 Ability: Serene Grace IVs: 31 Item: Lum Berry	Air Slash Flamethrower Thunder Wave Roost
Sylveon Level: 51 Ability: Pixilate IVs: 31 Item: Leftovers	Hyper Voice Psyshock Yawn Calm Mind	Mawile Level: 52 Ability: Intimidate IVs: 31 Item: Mawilite	Iron Head Play Rough Sucker Punch Foul Play

Leader Olympia



Slowbro Level: 63 Ability: Oblivious IVs: 31 Item: Leftovers	Scald Calm Mind Yawn Ice Beam	Delphox Level: 63 Ability: Magician IVs: 31 Item: Power Herb	Calm Mind Solar Beam Psychic Fire Blast
Sigilyph Level: 63 Ability: Magic Guard IVs: 31 Item: Flame Orb	Stored Power Cosmic Power Psycho Shift Roost	Metagross Level: 63 Ability: Clear Body IVs: 31 Item: Life Orb	Meteor Mash Earthquake Ice Punch Rock Polish
Alakazam Level: 63 Ability: Magic Guard IVs: 31 Item: Focus Sash	Psychic Dazzling Gleam Focus Blast Shadow Ball	Medicham Level: 65 Ability: Pure Power IVs: 31 Item: Medichamite	Drain Punch Zen Headbutt Ice Punch Poison Jab

Leader Wulfric



Abomasnow Level: 75 Ability: Snow Warning IVs: 31 Item: Icy Rock	Blizzard Wood Hammer Focus Blast Earthquake	Cloyster Level: 75 Ability: Skill Link IVs: 31 Item: Focus Sash	Shell Smash Icicle Spear Rock Blast Surf
Jynx Level: 75 Ability: Dry Skin IVs: 31 Item: Life Orb	Lovely Kiss Psychic Blizzard Energy Ball	Avalugg Level: 77 Ability: Sturdy IVs: 31 Item: Leftovers	Curse Recover Avalanche Earthquake
Mamoswine Level: 75 Ability: Thick Fat IVs: 31 Item: Choice Scarf	Earthquake Icicle Crash Knock Off Stone Edge	Abomasnow Level: 78 Ability: Soundproof IVs: 31 Item: Abomasite	Blizzard Giga Drain Earthquake Ice Shard

Team Flare



Team Flare Aliana 1:

Power Plant



Mightyena Level: 45 Ability: Intimidate IVs: 31 Item: Citrus Berry	Swagger Foul Play Sucker Punch Play Rough	Pyroar Level: 45 Ability: Unnerve IVs: 31 Item: Chople Berry	Flamethrower Endeavor Crunch Will-O-Wisp
Druddigon Level: 45 Ability: Sheer Force IVs: 31 Item: Life Orb	Fire Punch Dragon Claw Superpower Iron Head	Heracross Level: 46 Ability: Moxie IVs: 31 Item: Heracronite	Close Combat Pin Missile Night Slash Bullet Seed
Diggersby Level: 45 Ability: Huge Power IVs: 31 Item: Normal Gem	Swords Dance Giga Impact Earthquake Quick Attack		

Team Flare Bryony 1:

Poké Ball Factory



Liepard Level: 51 Ability: Prankster IVs: 31 Item: Focus Sash	Fake Out Assurance Psych Up Swagger	Haxorus Level: 51 Ability: Mold Breaker IVs: 31 Item: Life Orb	Dragon Claw Low Kick Rock Slide Poison Jab
Bisharp Level: 51 Ability: Defiant IVs: 31 Item: Air Balloon	Sucker Punch Iron Head Low Kick Protect	Luxray Level: 51 Ability: Intimidate IVs: 31 Item: Shuca Berry	Super Fang Thunder Wave Wild Charge Ice Fang
Chandelure Level: 51 Ability: Flash Fire IVs: 31 Item: Sitrus Berry	Shadow Ball Heat Wave Protect Energy Ball	Pinsir Level: 53 Ability: Moxie IVs: 31 Item: Pinsirite	Quick Attack Double-Edge Close Combat Rock Slide

This is a 12 v 12 multi battle with Celosia and Serena/Calem.

Team Flare Celosia 1:

Poké Ball Factory

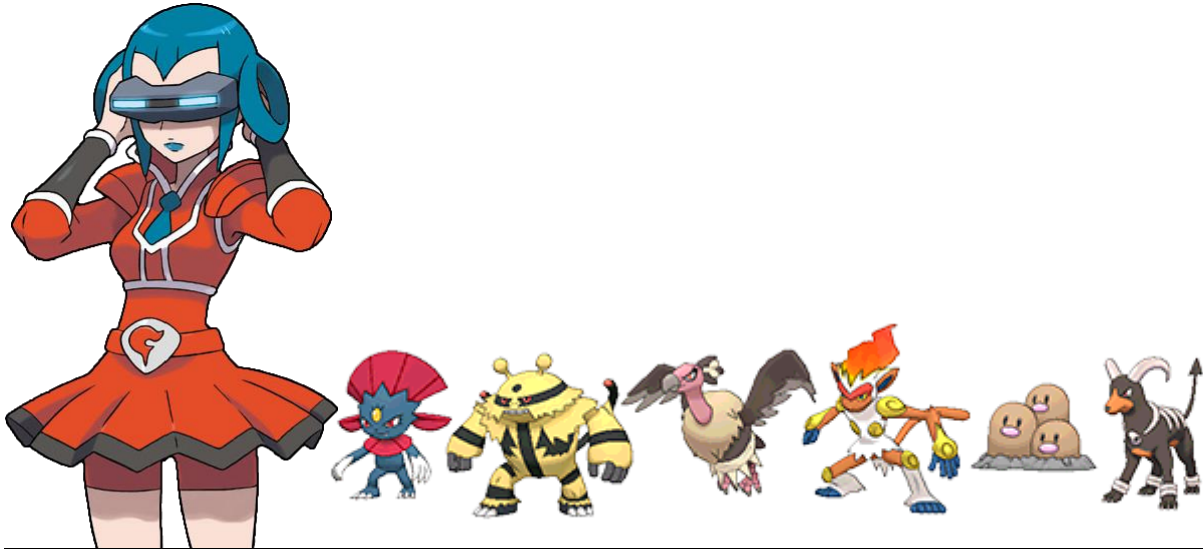


Doublade Level: 51 Ability: No Guard IVs: 31 Item: Eviolite	Wide Guard Sacred Sword Shadow Claw Gyro Ball	Magmortar Level: 51 Ability: Flame Body IVs: 31 Item: Air Balloon	Heat Wave Thunderbolt Psychic Will-O-Wisp
Drapion Level: 51 Ability: Sniper IVs: 31 Item: Scope Lens	Aqua Tail Night Slash Cross Poison Rock Slide	Toxicroak Level: 51 Ability: Poison Touch IVs: 31 Item: Life Orb	Fake Out Quick Guard Gunk Shot Drain Punch
Hydreigon Level: 51 Ability: Levitate IVs: 31 Item: Roseli Berry	Dark Pulse Flamethrower Dragon Pulse Flash Cannon	Manectric Level: 53 Ability: Lightning Rod IVs: 31 Item: Manectite	Thunderbolt Flamethrower Ice Fang Light Screen

This is a 12 v 12 multi battle with Bryony and Serena/Calem.

Team Flare Mable 1:

Frost Cavern



Weavile Level: 58 Ability: Pressure IVs: 31 Item: Life Orb	Icicle Crash Knock Off Low Kick Poison Jab	Infernape Level: 58 Ability: Iron Fist IVs: 31 Item: Passho Berry	Close Combat Fire Blast Stone Edge Thunder Punch
Electivire Level: 58 Ability: Motor Drive IVs: 31 Item: Expert Belt	Wild Charge Earthquake Ice Punch Flamethrower	Dugtrio* Level: 58 Ability: Arena Trap IVs: 31 Item: Heat Rock	Sunny Day Memento
Mandibuzz Level: 58 Ability: Overcoat IVs: 31 Item: Leftovers	Brave Bird Foul Play Roost Toxic	Houndoom Level: 60 Ability: Flash Fire IVs: 31 Item: Houndoominite	Flamethrower Dark Pulse Hidden Power Sludge Bomb

*Dugtrio only has two moves here for A.I. abuse purposes. They'll always send out a Pokémon holding a mega stone last, unless it's forced out. Other party Pokémon are sent out if they have a move that is super effective against whatever the opponent has on the field, and are sent out in order otherwise. Because Dugtrio has no damaging moves, it will almost always be sent out immediately before the Houndoom, allowing it to set up Sunny Day and faint itself (unless you KO it first).

Team Flare Lysandre 1:

Lysandre Labs



Mienshao Level: 63 Ability: Regenerator IVs: 31 Item: None	Swords Dance High Jump Kick Acrobatics Baton Pass	Pyroar Level: 64 Ability: Rivalry IVs: 31 Item: None	Hyper Voice Fire Blast Dark Pulse Will-O-Wisp
Honchkrow Level: 63 Ability: Moxie IVs: 31 Item: None	Sucker Punch Brave Bird Roost Substitute	Gyarados Level: 65 Ability: Intimidate IVs: 31 Item: None	Aqua Tail Earthquake Iron Head Crunch

Team Flare Aliana 2:

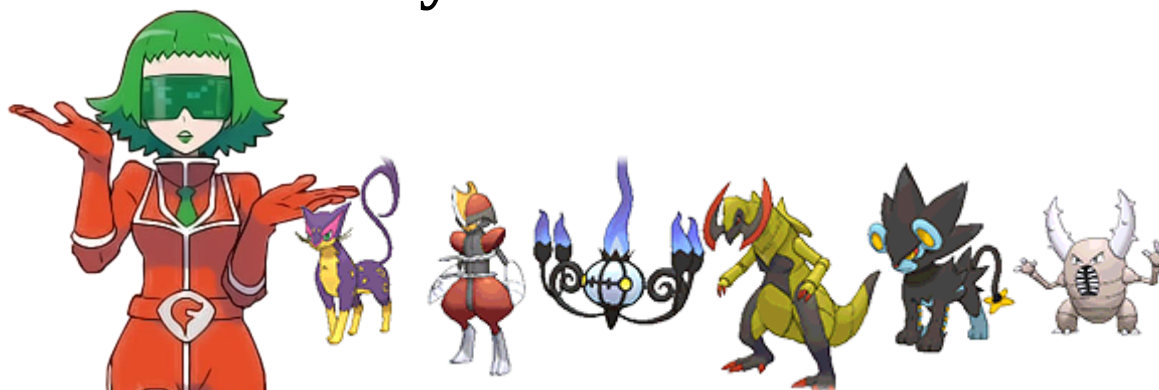
Lysandre Labs



Mightyena Level: 63 Ability: Intimidate IVs: 31 Item: Black Glasses	Swagger Foul Play Sucker Punch Play Rough	Pyroar Level: 63 Ability: Unnerve IVs: 31 Item: Power Herb	Solar Beam Hyper Voice Dark Pulse Flamethrower
Druddigon Level: 63 Ability: Sheer Force IVs: 31 Item: Life Orb	Outrage Fire Punch Gunk Shot Rock Slide	Magnezone Level: 63 Ability: Sturdy IVs: 31 Item: Air Balloon	Flash Cannon Lock-On Zap Cannon Signal Beam
Diggersby Level: 63 Ability: Huge Power IVs: 31 Item: Choice Scarf	Earthquake Wild Charge Ice Punch Knock Off	Heracross Level: 65 Ability: Moxie IVs: 31 Item: Heracronite	Close Combat Pin Missile Night Slash Bullet Seed

Team Flare Bryony 2:

Lysandre Labs



Liepard Level: 63 Ability: Prankster IVs: 31 Item: Focus Sash	Nasty Plot Dark Pulse Copycat	Haxorus Level: 63 Ability: Mold Breaker IVs: 31 Item: Life Orb	Dragon Dance Earthquake Iron Tail Outrage
Bisharp Level: 63 Ability: Defiant IVs: 31 Item: Choice Scarf	Knock Off Iron Head Low Kick Stone Edge	Luxray Level: 63 Ability: Intimidate IVs: 31 Item: Sitrus Berry	Super Fang Toxic Wild Charge Protect
Chandelure Level: 63 Ability: Flash Fire IVs: 31 Item: Salac Berry	Fire Blast Shadow Ball Energy Ball Endure	Pinsir Level: 65 Ability: Moxie IVs: 31 Item: Pinsirite	Earthquake Quick Attack Double-Edge Stone Edge

Team Flare Celosia 2:

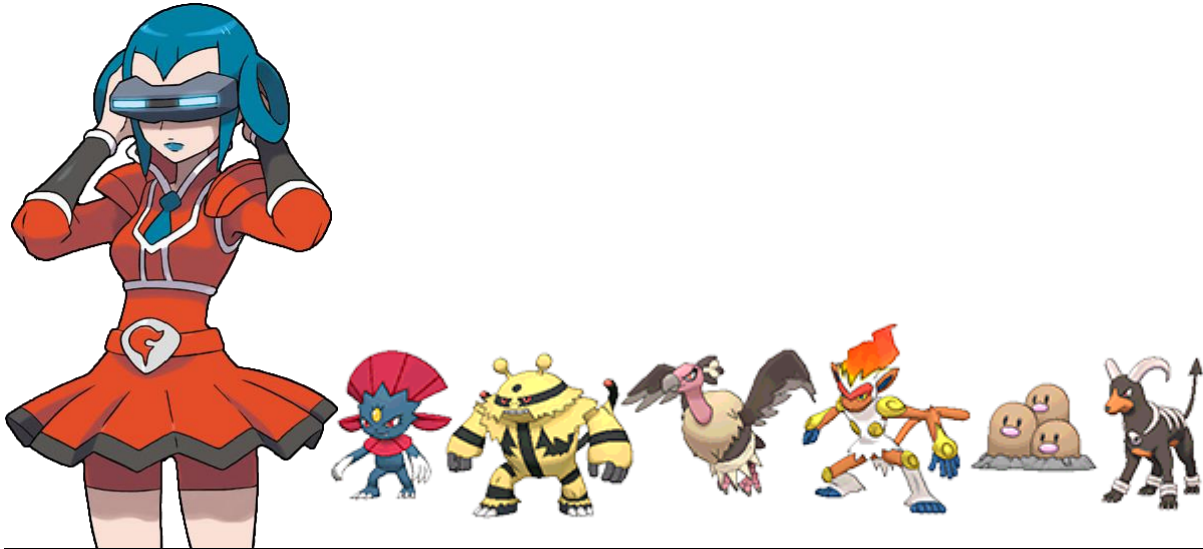
Lysandre Labs



Aegislash Level: 63 Ability: Stance Change IVs: 31 Item: Weakness Policy	Shadow Sneak Shadow Ball Flash Cannon King's Shield	Magmortar Level: 63 Ability: Vital Spirit IVs: 31 Item: Air Balloon	Fire Blast Thunderbolt Psychic Focus Blast
Drapion Level: 63 Ability: Sniper IVs: 31 Item: Scope Lens	Aqua Tail Night Slash Cross Poison Swords Dance	Toxicroak Level: 63 Ability: Poison Touch IVs: 31 Item: Wide Lens	Sucker Punch Ice Punch Gunk Shot Cross Chop
Hydreigon Level: 63 Ability: Levitate IVs: 31 Item: Life Orb	U-turn Fire Blast Surf Dragon Pulse	Manectric Level: 65 Ability: Lightning Rod IVs: 31 Item: Manectite	Thunderbolt Flamethrower Signal Beam Charge Beam

Team Flare Mable 2:

Lysandre Labs



Infernape Level: 63 Ability: Iron Fist IVs: 31 Item: Life Orb	U-turn Overheat Close Combat Thunder Punch	Weavile Level: 63 Ability: Pressure IVs: 31 Item: Focus Sash	Counter Knock Off Icicle Crash Low Kick
Electivire Level: 63 Ability: Motor Drive IVs: 31 Item: Expert Belt	Wild Charge Earthquake Ice Punch Focus Blast	Dugtrio Level: 63 Ability: Arena Trap IVs: 31 Item: Heat Rock	Sunny Day Memento
Mandibuzz Level: 63 Ability: Weak Armor IVs: 31 Item: Weakness Policy	Nasty Plot Roost Air Slash Dark Pulse	Houndoom Level: 65 Ability: Flash Fire IVs: 31 Item: Houndoominite	Dark Pulse Sludge Bomb Fire Blast Nasty Plot

Team Flare Xerosic:

Lysandre Labs



Crobat Level: 64 Ability: Infiltrator IVs: 31 Item: Life Orb	Brave Bird U-turn Heat Wave Cross Poison	Gengar Level: 64 Ability: Levitate IVs: 31 Item: Black Sludge	Shadow Ball Sludge Wave Hypnosis Focus Blast
Elektross Level: 64 Ability: Levitate IVs: 31 Item: Assault Vest	Volt Switch Giga Drain Flamethrower Dragon Pulse	Malamar Level: 64 Ability: Contrary IVs: 31 Item: Leftovers	Superpower Psycho Cut Knock Off <i>Sucker Punch</i>
Darmanitan Level: 64 Ability: Sheer Force IVs: 31 Item: Choice Scarf	Flare Blitz Earthquake Rock Slide U-turn	Scizor Level: 66 Ability: Technician IVs: 31 Item: Scizorite	Iron Head Bug Bite Knock Off Agility

Team Flare Lysandre 2:

Team Flare HQ



Mienshao Level: 65 Ability: Regenerator IVs: 31 Item: None	Swords Dance High Jump Kick Acrobatics Baton Pass	Pyroar Level: 65 Ability: Rivalry IVs: 31 Item: None	Hyper Voice Fire Blast Dark Pulse Wild Charge
Honchkrow Level: 65 Ability: Moxie IVs: 31 Item: None	Sucker Punch Brave Bird Roost Superpower	Gyarados Level: 67 Ability: Intimidate IVs: 31 Item: None	Aqua Tail Earthquake Iron Head Crunch
Garchomp Level: 65 Ability: Rough Skin IVs: 31 Item: None	Earthquake Poison Jab Fire Blast Dragon Rush		

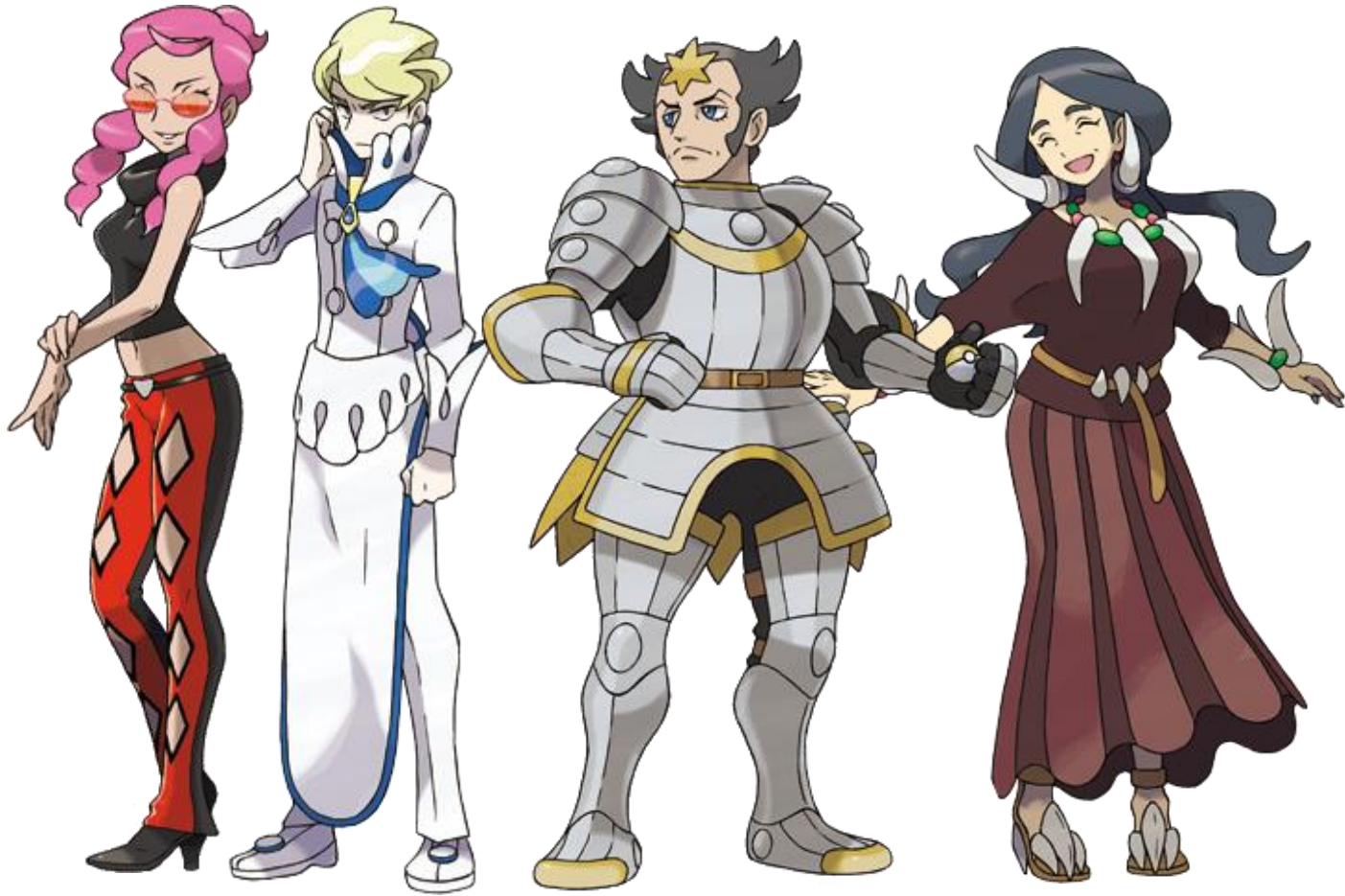
Team Flare Boss Lysandre:

Team Flare HQ



Mienshao Level: 67 Ability: Regenerator IVs: 31 Item: Focus Sash	Swords Dance High Jump Kick Poison Jab Baton Pass	Pyroar Level: 68 Ability: Rivalry IVs: 31 Item: Life Orb	Hyper Voice Fire Blast Sunny Day Solar Beam
Honchkrow Level: 67 Ability: Moxie IVs: 31 Item: Choice Scarf	Brave Bird Night Slash Heat Wave Superpower	Volcarona Level: 67 Ability: Flame Body IVs: 31 Item: Leftovers	Fiery Dance Bug Buzz Quiver Dance Psychic
Garchomp Level: 67 Ability: Rough Skin IVs: 31 Item: Rocky Helmet	Earthquake Stone Edge Fire Blast Dragon Rush	Gyarados Level: 68 Ability: Intimidate IVs: 31 Item: Gyaradosite	Waterfall Earthquake Crunch Dragon Dance

The Pokémon League



Elite Four Malva



Ninetales Level: 80 Ability: Drought IVs: 31 Item: Heat Rock	Heat Wave Solar Beam Will-O-Wisp Dark Pulse	Talonflame Level: 80 Ability: Gale Wings IVs: 31 Item: White Herb	Brave Bird Overheat Roost Will-O-Wisp
Typhlosion Level: 80 Ability: Flash Fire IVs: 31 Item: Choice Scarf	Eruption Focus Blast	Heatran Level: 80 Ability: Flash Fire IVs: 31 Item: Life Orb	Heat Wave Rock Slide Dragon Pulse Earth Power
Chandelure Level: 80 Ability: Flame Body IVs: 31 Item: Air Balloon	Heat Wave Shadow Ball Solar Beam Protect	Charizard Level: 82 Ability: Blaze IVs: 31 Item: Charizardite Y	Heat Wave Solar Beam Air Slash Dragon Pulse

This is a Double Battle.

Elite Four Siebold



Kingdra Level: 80 Ability: Swift Swim IVs: 31 Item: Life Orb	Muddy Water Ice Beam Dragon Pulse Flash Cannon	Barbaracle Level: 82 Ability: Tough Claws IVs: 31 Item: White Herb	Shell Smash Rock Slide Razor Shell Poison Jab
Politoed Level: 80 Ability: Drizzle IVs: 31 Item: Damp Rock	Surf Psychic Rain Dance Protect	Gyarados Level: 80 Ability: Intimidate IVs: 31 Item: Wacan Berry	Waterfall Bounce Dragon Dance Protect
Ludicolo Level: 80 Ability: Swift Swim IVs: 31 Item: Absorb Bulb	Surf Energy Ball Focus Blast Ice Beam	Blastoise Level: 82 Ability: Rain Dish IVs: 31 Item: Blastoisinite	Dark Pulse Aura Sphere Dragon Pulse Muddy Water

This is a Triple Battle.

Elite Four Drasna



Hydreigon Level: 80 Ability: Levitate IVs: 31 Item: Choice Scarf	Dragon Pulse Dark Pulse Fire Blast U-turn	Noivern Level: 82 Ability: Infiltrator IVs: 31 Item: Life Orb	Hurricane Dragon Pulse Flamethrower Shadow Ball
Salamence Level: 80 Ability: Moxie IVs: 31 Item: Roseli Berry	Outrage Earthquake Iron Tail Fire Blast	Dragalge Level: 80 Ability: Adaptability IVs: 31 Item: Assault Vest	Gunk Shot Draco Meteor Focus Blast Scald
Latias Level: 80 Ability: Levitate IVs: 31 Item: Leftovers	Calm Mind Roost Dragon Pulse Psyshock	Charizard Level: 82 Ability: Blaze IVs: 31 Item: Charizardite X	Dragon Dance Dragon Claw Flare Blitz Brick Break

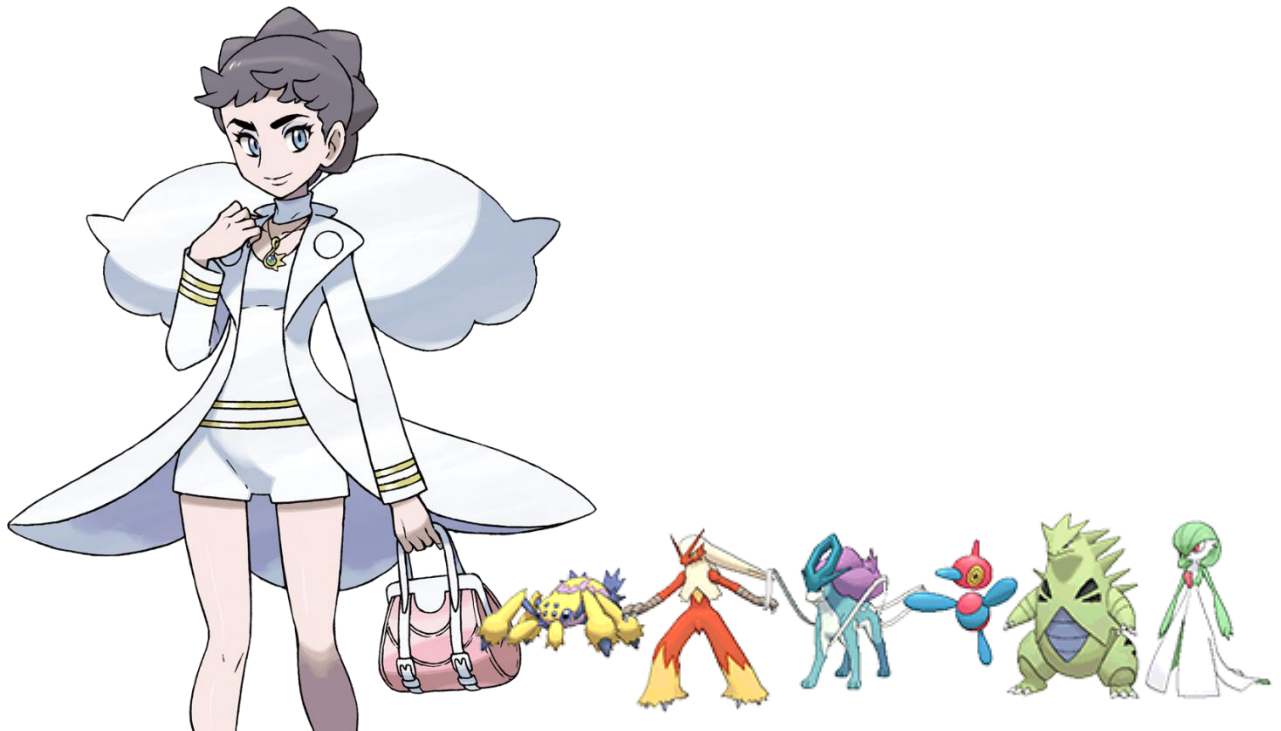
Elite Four Wikstrom



Klefki Level: 80 Ability: Prankster IVs: 31 Item: Air Balloon	Dazzling Gleam Foul Play Swagger Thunder Wave	Aegislash Level: 82 Ability: Stance Change IVs: 31 Item: Weakness Policy	King's Shield Sacred Sword Shadow Ball Flash Cannon
Empoleon Level: 80 Ability: Torrent IVs: 31 Item: Petaya Berry	Agility Surf Ice Beam Grass Knot	Escavalier Level: 80 Ability: Overcoat IVs: 31 Item: Leftovers	Swords Dance Megahorn Iron Head Drill Run
Ferrothorn Level: 80 Ability: Iron Barbs IVs: 31 Item: Rocky Helmet	Power Whip Bulldoze Leech Seed Protect	Aggron Level: 82 Ability: Sturdy IVs: 31 Item: Aggronite	Earthquake Stone Edge Ice Punch Heavy Slam

This is a Rotation Battle.

Champion Diantha



Galvantula Level: 85 Ability: Compound Eyes IVs: 31 Item: Focus Sash	Sticky Web Thunder Bug Buzz Thunder Wave	Porygon-Z Level: 85 Ability: Adaptability IVs: 31 Item: Life Orb	Tri Attack Dark Pulse Nasty Plot Thunderbolt
Blaziken Level: 85 Ability: Speed Boost IVs: 31 Item: Life Orb	High Jump Kick Fire Blast Stone Edge Work Up	Tyranitar Level: 86 Ability: Sand Stream IVs: 31 Item: Chople Berry	Stone Edge Crunch Earthquake Dragon Dance
Suicune Level: 85 Ability: Reckless IVs: 31 Item: Sitrus Berry	Scald Ice Beam Calm Mind Tailwind	Gardevoir Level: 87 Ability: Trace IVs: 31 Item: Gardevoirite	Hyper Voice Psyshock Shadow Ball Focus Blast

Pokémon Trainer AZ



Bronzong Level: 85 Ability: Heatproof IVs: 31 Item: Iron Ball	Gyro Ball Grass Knot Earthquake Trick Room	Sigilyph Level: 85 Ability: Magic Guard IVs: 31 Item: Leftovers	Air Slash Heat Wave Cosmic Power Roost
Torkoal Level: 85 Ability: Shell Armor IVs: 31 Item: Life Orb	Overheat Stone Edge Earthquake Return	Aerodactyl Level: 86 Ability: Pressure IVs: 31 Item: Aerodactylite	Aerial Ace Return Strength Earthquake
Golurk Level: 85 Ability: Iron Fist IVs: 31 Item: Assault Vest	Drain Punch Shadow Punch Earthquake Return		

Thanks to PLDH.net and Serebii for the Pokémon images used in this document.